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Monday, September 23 2002

Conestoga College, Kitchener

34th Year — No. 17



(Photo by Carrie Hoto)

Bronwen Davis (left to right), 19, Kari Anderson, 19, and Ashley Pearson, 19, show off their togas at Conestoga's first pub night held in the Sanctuary on Sept. 12.

CSI toga party wraps students in fun

By CARRIE HOTO

More than 400 toga-clad students packed into the sweltering sanctuary for a Conestoga Students Incorporated themed event.

Jody Andruszkiewicz, program-mgr/events co-ordinator, said the full house was beyond his "wildest expectations." He added, "When 430 people just appeared, it was great."

Approximately 50 per cent of the students in attendance showed up in striped, checkered, floral, Hawaiian and traditional white togas.

Andruszkiewicz said, "The best part about a toga party is that people always remember it, because where else are you going to see

500 people walking around in bed sheets?" He added, "The words college and toga party go hand-in-hand."

The room was full of energy with students dancing under strobe lights, laughing and simply having a great time.

Carly Shepherd, a first-year marketing student, said, "It was awesome." She added the reason she didn't wear a toga was because, "It's on my bed at home. I decided to sleep in it rather than wear it."

Lance Reid, a second-year computer programming analyst student, said he attended because of the unique theme and said, "I heard there was going to be a lot of people there so I had to check it out."

There were nine law and security administration (LASA) and police foundations students checking IDs and working at the door. As well, two Walk Safe students were in attendance to walk students back to residence.

"This is the first one (pub night) in about 10 years to have this turnout," said Jon Olinski, president of the organization.

There were no problems with students. "Our students are incredibly well-behaved," Andruszkiewicz said.

Other CSI events include Monday night football, Tuesday night movies and Thursday pub nights. All events are held in the Sanctuary.

Applied arts dean bids farewell to Conestoga

By LISA HILLER

Pat St. John, Conestoga's current vice-president of corporate training and public relations, is leaving the college after five years of service, having accepted a job as president and CEO of Shad International.

But deciding to accept the job was a tough decision.

"Conestoga College is amazing," St. John said. "And John Tibbits (college president) is a wonderful mentor."

St. John has thoroughly enjoyed his work at the college.

He came to know about Shad when an executive search firm asked him if they could submit his name as a candidate last spring. Current president and CEO is Jack Pal, who has been with Shad for 11 years.

Job qualifications cited by Shad included private sector experience, experience in the education system, marketing experience, and an understanding of working with government sponsors.

St. John possesses all of these.

"It was quite an honour," St. John said of being chosen from many applicants. "I took a look at what they wanted and saw that my background really fits with Shad," he said, adding he believes his vast skills and diversity in employment fit what Shad was looking for.

St. John starts his new job on Sept. 30.

One of his top priorities will be to get the message out about Shad to more students.

Shad is a partnership, begun in Waterloo in 1980, between the governments, universities and business industry in Canada. It is an organization meant to challenge high achievers in Grades 11 and 12 and focuses on leadership, innovation and entrepreneurship.

According to St. John, the focal point of what the organization does is the one-month Shad Valley program that hosts students at 10 university campuses in Canada and Great Britain. There students work on projects important to Canada and come up with ideas to help solve problems in this country.

After that, participants have a chance to do a work term with one of Shad's sponsoring companies.

Students are encouraged to stay in touch with each other and exchange ideas through the Internet and the Shad Alumni Association, St. John said.

The Shad experience isn't all work. There are pub trips and fun excursions to Canada's Wonderland, as well as fall competitions.

And Shad Valley projects are submitted to compete for national awards.

The program costs between \$1,700 and \$2,250 per student.

However, most Canadian students' fees are subsidized by sponsors. Students can apply in January and should know if they've been accepted by May.

Campuses are usually chosen in terms of distance from an individual's hometown so he or she can learn about a different place. Students are also grouped according to personality and common interests.

But according to Andrea Leis, whose son attended a Shad Valley session at the University of New Brunswick in 1999, Shad is much more than a think tank for talented minds.

"You got a sense that there was a well-rounded group," Leis said. She noted that some students were strong in artistic areas as opposed to strong in math and science.

"The program exercises skills that aren't used or exposed in high school," she said.

Leis's son, David, now in the computer science program at the University of Waterloo, said his month in New Brunswick was busy in a good way.

"We had lots of seminars and lectures, as well as field trips on the weekends."

Leis said it gave him a taste of what university life was going to be like.

His mom would definitely recommend the Shad Valley program because of all it has to offer.

"The quality and range of people who spoke to the students was amazing," Leis said. "There were really amazing and unique kids there and the program really blew open what they could do."

Leis noted the closing talent show was different. "Men were salsa dancing, and a Greek play was done to fit a modern situation," she said. "It was not typical, but so fun."

Leis and her son heard about Shad through other parents, guidance counsellors at school, and Shad representatives, however, St. John wants to make sure every student at every high school knows about it.

He wants to increase the program to include more campuses in Canada and Great Britain and increase the annual number of participants from 475 to 900 over the next four years.

"Shad gets thousands of applications yearly, we want to have more host campuses to accommodate these students," he said.

According to St. John, current Shad president Jack Pal is working on getting a campus in Quebec.

St. John said Shad needs new strategies to become better known. "We have to solve the fact that there are students that don't hear about us," he said. "Every student should know about Shad."



(Photo by Aimee Wilson)

Look out below!

Justin Falconer, 21, a management studies student, got to take a free dive onto Jeff Stemmler, 21, after defeating the management studies student at a sumo wrestling event on Sept. 9.

CBSA class reps gain experience

By ANDREA R. SMITH

If you like to get involved, learn responsibility and work in a friendly, fun atmosphere than you should think about becoming a class representative for the Conestoga Business Student Association.

Becoming a class representative for the association known as the CBSA, means organizing and working for biz bashes, reporting issues your class section needs addressed to the CBSA and relying on the CBSA has to your class section. You need to be a business or information technology student to be a voting class representative.

Putting up posters of extra-curricular events, fundraising, creating a business student yearbook, putting together a semi formal and organizing an awards banquet at the end of the year are also some duties.

"I became a class rep because I wanted to get involved," said Linda Varga, 31, of the computer programmer/analyst program. "School should be more than just classes and homework. I think becoming a class rep will enrich the whole school experience."

Some responsibilities of a class rep include voting on school issues, electing the executive for next year and attending rep appreciation nights.

"We want the students to understand that we are here for them," said Adam Duce, president of CBSA. "We want to have a fun atmosphere and give the students some experience in the fields they are interested in."

The CBSA meets every other Thursday at 4:30 p.m. The first meeting was held on Sept. 12.

"Thursdays have always been a convenient time to meet in the past," said Duce. "But we will plan a better time if needed. We don't want the CBSA to interfere with work and have students skip school."

There are many perks to look forward to if you become a class representative. For example, every

time you put up posters, raise a lot of money, sell chocolates and work at the biz bashes you will earn a certain amount of points. At the end of the year, whoever has earned the most points will win a prize. Last year first prize was a 27-inch colour television. Other perks include free pizza once a month at class rep meetings and a certificate at the end of the year that can be put on your resume if you attend more than 75 per cent of the rep meetings.

"Anyone can come out and participate in the meetings," said Duce. "But only reps can vote on school issues."

There are three ways to become a class rep. First, you can talk to your teacher and fill out a volunteer form. Second, you can visit the CBSA office in Room 1D14-D and talk to an executive and third visit the Web site at www.cbsa.on.ca and send an e-mail.



(Photo by Tori Sutton)

Soakin' up the September sun

Jason Smith (left), Connie Coggan and Christina Bramburger, all first-year journalism students, enjoy the warm weather on Sept. 14 at the Doon campus.

College seeking nominations for employee recognition awards

By TORI SUTTON

Conestoga employees are being encouraged to sharpen their pencils and nominate their outstanding colleagues for the annual Employee Recognition Awards.

The awards are given out to up to 10 full-time employees of the college, and are divided into customer service, community involvement, innovation, student life and team spirit categories.

Nomination forms were attached to a memo sent to all full-time employees and can be submitted until Sept. 27. Extra nomination forms are available from the human resources department.

"Certainly it is our goal to have employees aware of the awards to nominate worthy colleagues," said Debra Croft, director of human resources at Conestoga. "We want to recognize those who have gone above and beyond."

The college established the pro-

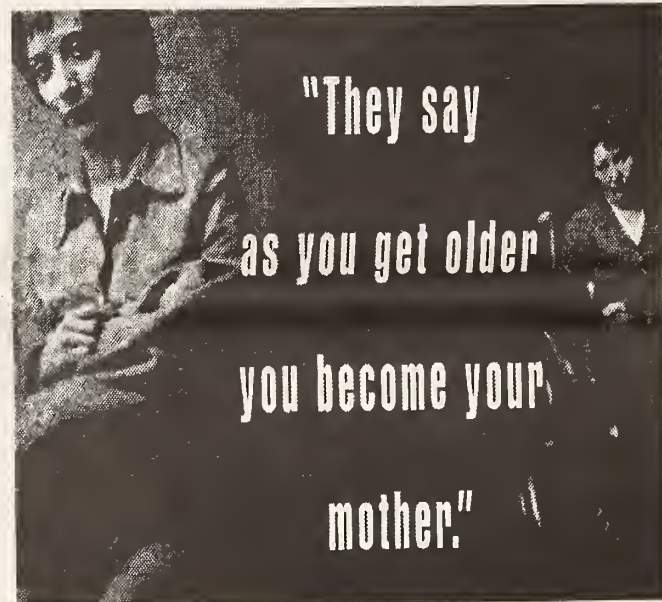
gram to acknowledge those who have made significant contributions above what is expected of them in their positions.

"Employees should put some thought into who around them is deserving," said Croft.

In order for the selection committee to make informed decisions, employees should be as thorough as possible when filling out the nomination form, Croft said.

Although this is only the third year the program has been running, the number of award winners seems to be rising - only three employees received the awards the first year, while five were acknowledged in 2001.

Winners will receive their awards at the Guild Reception in November, a gathering to hand out employee awards. Along with the Employee Recognition Awards, awards are given out to long-serving employees and those who are retiring.



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COUNSELLOR'S CORNER: Roommates

Sharing living space with a stranger, or even a friend, can be quite different from living with your family. Things as simple as how long you stay in the shower or where to keep the potato chips can cause tensions between people who aren't used to living together. So how can you ease the transition from family life to living with a roommate?

One way to avoid conflicts is to establish some ground rules. For instance, does it drive you nuts if the dirty dishes are still in the sink the next morning? Or do you have a "high dirt tolerance" that will have your roommate gnashing her teeth by the end of September?

Some areas to discuss include:

- ◆ space: private versus common areas
- ◆ food costs: shared? designated fridge space?
- ◆ quiet hours for morning, study time and at night
- ◆ guest policy

Living with a roommate isn't all about rules and compromises, but it'll be much easier to set guidelines now, before you start getting on each other's nerves.

A Message from Student Services (Room 2B02)

New CSI position opens up event possibilities

By JULIANNA KERR

Conestoga Students Inc. created a new full-time position last May, and no one could be happier than the guy who fills those shoes.

Jody Andruszkiewicz is the organization's events programmer. He is fresh out of the journalism program at Doon, and thrilled to take his place among friends in the CSI office.

Andruszkiewicz said his new job has two descriptions.

"The fun description is I get paid to party for a living," he said. "The more serious description is I co-ordinate the planning and all the behind-the-scenes work for all of our events."

Planning of events at Doon used to fall to students elected to Conestoga Students Inc. (CSI). These were not paid positions, but often required a full-time commitment. Andruszkiewicz said that presented some problems.

"The fun description (of my job) is that I get paid to party for a living."

**Jody Andruszkiewicz,
CSI events organizer**

"It's really hard to balance a full-time job with school," he said. "So lots of events got put by the wayside. Or they were downloaded onto one student who ended up doing really poorly in class."

Andruszkiewicz was executive vice-president of the CSI last year. He said the idea to create the full-time events programmer position came about last November or December. Current CSI president Jon Olinski and Andruszkiewicz had been comparing Conestoga's student union to those of other schools.

"Every other student union has this full-time staff position," he said. "So last year, I suggested we create one and we all thought it was a great idea."

Olinski said the events programmer position was a long time in coming.

"We really needed someone solely responsible for that area," he said. "We're looking at running a lot more events this year and we have a much fuller calendar than we have had in the past."

Olinski said having this paid position ensures that all events on the calendar will actually occur. Students won't have to cram event

planning between their studies.

Andruszkiewicz said he has had years of student leadership, and that is why he got the job.

"I know students," he said.

His involvement has included four years with the recreation program as a student at the University of Waterloo. As a program coordinator, his duties there included scheduling and overseeing staff and volunteers. In his first years at Conestoga, he worked with the athletic council, but it was last year with the CSI that he really developed a taste for events planning.

"As executive vice-president I really got that hands-on experience," he said. "And I got a love for this."

Andruszkiewicz said it is really important to have one person be accountable for events programming.

"You need that person who's going to be there from the time the event starts until the time it finishes. And you need that person there before and after."

Since all students have to pay fees, Andruszkiewicz said he wants to make sure they are not disappointed with the quality of events at Conestoga.

"Having this full-time staff member in place ensures that the work is going to get done, that events are going to be put on, and that students are going to get the best bang for their buck," he said.

Andruszkiewicz said he loves being able to spend time with students. He wants them to see that student life is fun, and he wants to be the guy to provide them with the opportunities to have a good time. And he isn't alone.

The events programmer works with the vice-president of student activities, Jay Mielke.

"It's always a team effort," Andruszkiewicz said. "Jay's the ideas guy. We bounce ideas off each other. We're working for the same thing — making sure students have a great time."

For Andruszkiewicz, it doesn't get much better than this.

"There are days I cannot believe I get paid to do this," he said. "This is the most amazing job I could ever have right out of college."

He said he'll be around for a long time to come, and he's always up for a chat.

"I encourage students to come out to every event and I encourage them to come talk to me. My door is always open."



(Photo by Julie Graham)

Upping the candy quota

Tannis Gayler, a bookstore clerk, restocks the gum and candy on Sept. 13. Gayler said she has to stock the shelves everyday since longer lineups at the store mean lots of students buying candy.

OSAP system is unfair: students

By IZABELA ZARZYCKA

The Ontario Student Assistance Program is not satisfying some students at Conestoga College.

The program, known as OSAP, is designed so students from lower-income families can still get post-secondary educations. The Web site for OSAP states that this program will "promote equality of opportunity for post-secondary education."

However, Matt, a first year general business student who did not want his last name used, disagrees with this statement.

He found that OSAP is not fair to all students and that there is no evidence of equality. Matt applied for OSAP, just like many students at Conestoga College, thinking that the government would help him with his studies. Well he was wrong. He said that the amount that he was offered from OSAP "was a slap in the face."

His family does not have enough money to put Matt through college and OSAP gave him a measly \$200. He decided not to take that money and try somehow to pay for school and residence out of his own pocket. OSAP did not cover his tuition or any other expenses, he said, adding that he "saved up for college all my life and now it is all gone." He does not know what he is going to do next year.

Matt's father owns a business and OSAP looked at that income and not the family's income, according to Matt. He wishes that OSAP would look more at the student's income and not mostly at the parents'. He said lots of students pay for their own education with some help from their parents. Matt suggested that the assistance program should visit the house and see the style of living of the family.

He said he will try financial help again next year and if OSAP treats him the same way he will write a letter.

Matt is not the only student who is not satisfied with OSAP. Fehmida Malik, a third-year business-accounting student, also had some complaints about the program. She found that the forms to fill out were too lengthy and some parts were confusing.

Last year OSAP overpaid her and this year she said that OSAP has underpaid her. However, nothing has changed on her form from last year.

She wishes there was a knowledgeable person that you could go to so he or she could look at the form and catch mistakes. In the first year she applied for OSAP she handed in the form to be checked and the lady that took the form told her that it was fine. But she received the form back because it was filled with mistakes.

Julie Cleaves, 20, a second-year student in general business, found some parts of the form lengthy. She believes that OSAP should help out a wide range of people and also should minimize the requirement levels.

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Patients should have right to die pain-free

The recent study to come out of the University of Toronto that suggests doctors could provide patients with unrestricted amounts of narcotics or sedatives to relieve pain, even if these drugs help to bring on death, is causing concern on many fronts.

Peter Singer, director of the Joint Centre on Bioethics at the U of T, says the goal is to make sure no person dies in pain.

Critics believe this could be a step towards euthanasia — the bringing about of a gentle death for a person suffering from a painful, incurable disease, also a criminal offence in Canada.

But there is a difference between relieving pain and encouraging death.

The proposed ideas indicate that doctors must keep records of doses and show they have the intent to relieve suffering, not encourage death, with the drugs they prescribe.

Doctors should be able to ease the suffering of dying patients under the assumption that they are doing it for palliative reasons.

The guidelines suggest pre-emptive dosing to prevent pain and suffering is not euthanasia, but palliative care — helping to reduce pain and suffering as a result of a terminal disease or illness.

Singer says doctors have under-treated pain in the past for fear of being prosecuted for euthanasia, but the 22,000 who die in Canada each year should be able to die pain-free, according to Singer.

As long as a doctor's intent is palliative care and good records of doses are kept, they should be unafraid to treat pain properly. Who wouldn't want to die pain-free?

In some cases, drugs might be used as a preventative in anticipation of pain, as well as giving continuous intravenous injections until a patient dies from an illness, called terminal sedation.

There are several advantages to letting doctors relieve the dying of pain. Patients may be able to enjoy their last moments because of the pain relief medicine, and the pain family and friends feel might be eased as a result of their loved one's decreased suffering.

However, disadvantages include euthanasia, when an intended or unintended death occurs. If such a death were to occur, the family could sue.

Margaret Somerville, director of the McGill Centre for Medicine, Ethics and Law in Montreal, criticizes having the emphasis of the report on a physician's intent.

There is no way to prove a physician's intent.

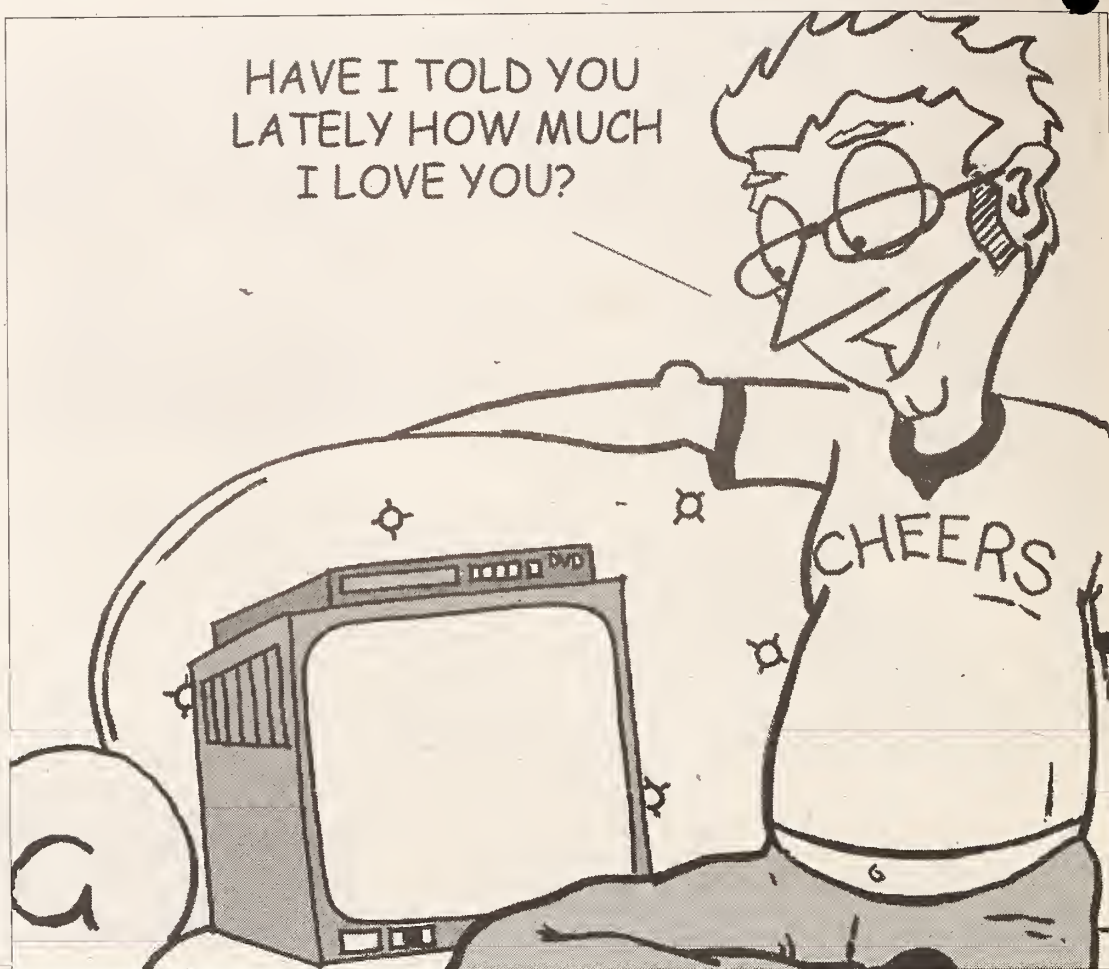
There is some clarification needed in this study. When is easing pain considered euthanasia, if it is even considered that at some point?

And how can anyone really know for sure what someone intended to do?

Also, pain specialists need to be used in situations requiring them. Somerville cited a recent study that showed 60 per cent of cancer specialists failed an exam on pain management.

And there are specialists who are knowledgeable about how to make life comfortable for terminally-ill patients without quickening death.

There must be a way for pain to be eased in dying patients without that way being misconstrued as euthanasia.



Is TV taking over our lives?

I'm so embarrassed.

A good friend asked me if I wanted to pop by his place on Thursday and I told him I couldn't go. Why couldn't I go? My husband and I had to stay home to watch Survivor.

How did this happen and what is this alien creature that has turned my mind to mush and blown my social skills into oblivion? I like to call it TV.

I don't like TV. It doesn't interest me. Honestly. So how is it possible that someone who adores her friends as much as I do can suddenly blow them off to watch actors pretending to be buddies on TV? Beats me, but I'm absolutely, 100 per cent sucked in.

Is TV evil? No, probably not. Is it giving us a chance to stop thinking for ourselves? Is it filling our heads full of nonsense and cutting off communication? And is it feeding us distorted slices of fictional life that we've begun to see as truths? Maybe.



Julianna Kerr

Opinion

TV is a great tool. At least it could be. It reaches out to millions all over this giant world of ours every day, crossing time and distance. It teaches us about the fascinating cultures of the world. It gives us insight into lost civilizations and new technologies. It takes us on guided tours of some of the most interesting and intriguing places in the world. In 1969, it even took us to the moon.

But it also crams our evenings full of fictional drivel. And with the ever-increasing popularity of the reality show phenomenon, TV has taken us along on a whole new kind of adventure.

We've become spies. Peeping

Toms. Suddenly we're being told that everything we're seeing is real life. Real people, real situations, real reactions. *Unscripted*. Wow!

The thing is, we all know how heavily these shows are edited. The producers are showing us exactly what they want us to see. No more and no less. And even though we're mostly aware that the real life scenes have often been manipulated beyond recognition, I think we still start to believe in what we're seeing.

The other day in one of my classes we watched a film about the impact of media. It seems sometimes like we're catching a private and spontaneous moment in the life of some person on the TV screen. But as the film in my class said, "Nothing is shown by accident." There's nothing spontaneous or private about film being edited simply to hook (and keep) its viewers. But we keep coming back for more.



Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published. Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

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ECE students recognized at banquet

By DIANA O'NEILL

A chance of rain did not spoil the sunny atmosphere at the early childhood education awards banquet. Clouds kept their distance on Sept. 11, as faculty welcomed back students and handed out awards of recognition.

"It's not easy to get into (Conestoga) ECE these days," said Birdena Hamilton-Armitage, student co-ordinator of ECE. "Returning students need to be commended." Gathered in the appropriate setting of a playground, first- and second-year students were invited to enjoy an hour-long event, including awards ceremonies and cake.

On hand to help Hamilton-Armitage distribute the awards was Bill Jeffrey, dean of health-science/community services, and Suzanne Burns, chair of the child studies program advisory committee. The first honour handed out was the Donna McKenna award. With an amount of \$500, the award is given to a third-semester student. Lois Abel was the recipient. According to Hamilton-Armitage, not only was Abel "required to have characteristics

and qualities needed of an early childhood educator" to be considered eligible, she also had to have an A in her field placement, as well as a B average in other courses.

Janet Murphy, a fourth-semester student, was the winner of the ECE Award of Excellence. Worth \$300, the award recipient was chosen by faculty. Hamilton-Armitage described Murphy as a student who is strong academically in field placement as well as having great interpersonal skills. "(Murphy) has a positive attitude and has demonstrated commitment to the ECE profession."

The ECE Advocacy Award, an impromptu one of sorts, was given to Bill Jeffrey. Hamilton-Armitage caught Jeffrey off guard as she awarded him chocolate-covered aspirins for the "headaches along the way, to show what he thought was important." Hamilton-Armitage credits Jeffrey with helping to get the curriculum lab open in time for the fall of 2002.

Approximately 50 to 60 students and faculty wound down from the event by mingling and enjoying the snacks and beverages provided, including cakes that were ceremoniously cut by the award winners.



(Photo by Diana O'Neill)

Lois Abel, winner of the Donna McKenna Award, cuts into a cake at the ECE awards banquet. The awards were part of a welcome-back party held Sept. 11 at Doon Daycare's playground.

Maintenance staff kept extra busy on campus this year

By VALENTINA RAPOPORT

Conestoga College's maintenance crew continues to help the college and its newest addition look and function at its best.

"We try to look after what's behind the wall," said Barry Milner, manager of the physical resources department at the college. "The plumbing in a wall is just as important as the paint on the surface."

Milner, who is in charge of the school's maintenance, said challenges for his department increase as the college's population and square footage grows.

This past summer the crew worked with contractors to get the new E-Wing ready for September by putting in the furniture, cork boards for postings, direction signs and balancing the air-conditioning and heating systems in the building. Outside work included laying sod, hydro seeding, putting up no parking signs and painting parking lines on the asphalt.

According to Milner, there is still some work to be done in the new wing since the contractors are still finishing up minor details. This includes laying more sod and additional hydro seeding.

Besides cleaning from floor to ceiling, general repairs and getting the new wing ready for the school year, the maintenance crew worked on many other projects. One of these was the reconfiguration of level 1C where corridors and classrooms were opened and totally reconstructed. Parking lot 11 was also expanded and a pay gate was

added to replace the pay display system for daily parking.

"We try to get the areas we normally can't get to while the students are here," said Milner, referring to checking lights in the parking lots using lifts as well as the total cleaning and general repair of classrooms used continuously throughout the school year.

Painting, flooring and other renovations were also completed at the Guelph and Waterloo Conestoga campuses.

"I give credit to our staff. They work very hard and take pride in the work that they do," Milner said.

In addition to the college's janitorial staff and staff from Martin's Building Maintenance Services, 12 students, who worked in the areas of general maintenance, planning, engineering and groundskeeping were hired for extra help during the summer.

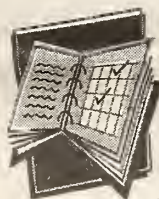
According to Milner, the contract with Martin's Building Maintenance Services has been adjusted to include staffing for the new wing. Other plans include hiring four additional individuals for positions in the area of security, tradesperson, receiving carrier and clerk.

As Conestoga continues to be rated number 1 in Ontario by the key performance indicators (KPIs), Milner gives credit to the hard work of individuals at the college.

"Many of the great reviews we have received as a college in facilities go right back to the quality of individuals within the department," he said referring to the physical resources and maintenance employees.

TIPS FOR ACADEMIC SUCCESS

Tip of the week



KEEP UP. It's more manageable to do a little every day on reading and assignments than to try to catch up on a week's worth of work on a Sunday afternoon.

REVIEW CLASS NOTES. Reviewing class notes as soon as possible after class increases understanding and retention.

ENGAGE IN ACTIVE LEARNING. Transfer your notes or summarize information. Organize and rewrite your notes, make a chart, diagram or flashcards. Discuss or teach what you are learning to another person. Anytime you can interact with or think about the information in a new way you increase understanding and retention.

STUDY WHEN YOU ARE AT YOUR BEST. Are you a morning person? A night person? Can you study during your lunch hour and still be productive in the afternoon? Do you need to find time after work? Setting aside a quiet, separate place in your home that will be your study place and always studying there is an effective strategy.



SET REASONABLE STUDY GOALS. After studying your effectiveness is reduced. Take breaks often. The average attention span of an adult is approximately 30 minutes. Find your optimum attention span and study accordingly.



SKILLS THAT YOU NEED FOR LEARNING are the same skills you have already developed by juggling multiple responsibilities: managing time, setting priorities, asking questions, and knowing yourself. These are the skills that make learners successful. Add motivation and desire to them and the formula for success is complete.



Kids safe at day care

By JULIE GRAHAM

After several high-profile child abduction cases in Canada and the United States, children's safety and security has been forced into the spotlight.

At the Doon Childcare Centre, a tight system of security is in place. Violet Nemec, a supervisor at the centre, said they have never experienced a problem.

"We are a busy centre here so often when someone comes in the front doors we'll stop them right away and say, 'Can I help you,' or 'Who are you looking for.' And we often get mistaken for the registrar's office almost constantly," said Nemec. "The staff is pretty good at knowing who belongs here and who doesn't."

In the U.S. and Canada this past summer, there were several child abduction cases, including the abduction and murder of Danielle Van Dam in San Diego. David Westerfield, who lived two doors down from the Van Dam family, was convicted and sentenced to death after her body was found along a roadside. In Utah, Elizabeth Smart remains missing as her parents desperately continue to plead their case to the media. The main suspect in Smart's abduction remains unconscious in a hospital in Salt Lake City due to a brain injury.

Five-year-old Samantha Runnion

was found dead the day after she was abducted in front of her home in California. A 27-year-old man has been charged in that case.

Many of the suspected abductors have been neighbours, parents or close friends. As a result, the Amber Alert system was put into greater use in several states. Used under the Emergency Alert System, the program is now under consideration for use in Canada and was created in Dallas and named after six-year-old Amber Hagerman who was kidnapped and murdered in 1996.

Once a child has been reported missing, law enforcement officials decide if the case meets the criteria for an Amber Alert. Usually, this criteria includes whether or not the suspected abductor is still in the area and if the police have information about the abductor's appearance or whereabouts. Radio and television stations are then notified and an alert is displayed on electronic highway signs. In the future, alerts may be broadcast over cell-phones and beepers.

Nemec said the Amber Alert system sounds beneficial. "I think it's a good idea to have something like that in place, because you hear more and more about these abductions happening everyday," she said.

Children at the centre range in age from four months to 10 years. Nemec said since there are a lot of

college students around and many of the supervisors are student teachers, the children get to know who belongs in the centre and who does not.

She also said there is a system in place regarding who may or may not pick the children up after school.

"When students get enrolled in our program, we have, in a package, a list of who we may release the children to. Obviously mom and dad or whatever the case may be, but we also ask them to list potential people that could possibly come to pick them up. And what I say to parents is that even though these people are on the list, we would not let one of them take the child without authorization from the parent.

"When that person comes, we ask for photo I.D.," said Nemec. "We would never, ever let anyone come and take a child without photo I.D. If it happened that somebody showed up that wasn't supposed to ... we would get in touch with the parent first."

Nemec also said some of the children have, in their files, court orders against certain people who cannot pick them up. She said that if a situation was to arise at the centre where someone who was not allowed to pick up the child, showed up at the centre, the staff would immediately call security services at the college.



(Photo by Lesley Leachman)

Serving up a hot lunch

Sandra Hawco, a Pizza Pizza employee, makes lunch at the new cafeteria on Sept. 13. The new cafeteria is located on the first floor of the E-wing.

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10:00 a.m. to 3:30 p.m.

Visit Doon Campus — Career Services (Rm 2B04)

Waterloo Campus - Student Services ❖ Guelph Campus - Main Office
or www.partners4employment.ca for Career Fair information and updates!

Night school booming

Best kept secret at college, says Con-Ed director

By LAURIE VANDENHOFF

The hands on the clock are about to reach nine and students have already filled the classrooms at the Doon campus. And while it appears to be a normal day, it's not.

The clock on the wall actually reads 9 p.m. and these students are not your average twentysomethings preparing for their first careers.

Welcome to the world of continuing education.

The faint sound of music travels through the halls. Students are celebrating the beginning of their school year with a toga party. Meanwhile, steps away, there are others just getting their fall semester under way.

A lot of people do not realize the level of activity that occurs during the evening hours, said Dave Stewart, the director of continuing education at Conestoga College. "The concentration is often on the full-time day programming."

But with more than 20,000 part-time students and only 5,000 full-time students, it's hard to believe more people do not notice the action the school generates at night.

"Continuing education is probably the best kept secret at the college," Stewart said in a recent interview.

After the full-time students leave and the cafeterias close at 4 p.m., it does not mean the day is done.

But as Stewart pointed out, sometimes you cannot tell if it's 7 a.m. or 5 p.m. because of all the students in the school and the

number of cars in the parking lot.

Over the last 10 years, the number of students enrolling in part-time courses and programs has grown steadily with last year's fall semester showing nearly 12,000 registrations.

"With more than 1,000 courses, there has to be something in there for everybody," said Stewart.

Numbers can only be expected to grow, especially with the number of new courses and programs that are added each time a new catalogue is published.

This year the college added 52 courses and programs to entice new students.

"I consider this much like the Sears catalogue, you have to put new stuff in the Sears catalogue," Stewart said, "because if you don't, no one is going to read it."

But with courses being removed there is always room for improvement. That's why the college looks to the community for support and ideas.

"We get ignited in different ways," said Stewart. Usually it's from people who call in and propose an idea.

Then it's up to Stewart and his colleagues to decide if they want to give the course a chance.

However, if it's not doing well, it will be removed.

According to Stewart, one out of every 10 courses is cancelled.

Usually it is because the course or program did not generate enough interest and not enough people registered. The college requires a mini-



(Photo by Laurie Vandenhoff)

The parking lot at Conestoga College's Doon campus is almost as full at night as it is during the day. With 22,000 part-time students attending the college throughout the year, sometimes it's hard to tell what time of day it is because of all the traffic.

mum of 12 students per class.

But with courses like advanced log cabin building and personal training specialist or programs like early childhood education administration and register practical nurse upgrading there should

be no shortage in the various programs you can complete.

While many of this semester's programs have already begun, there are still plenty of courses that begin in October or November.

However, if students register with

10 days or less of the start date, they may not receive a confirmation letter until after the first class begins.

For more details check this semester's catalogue available at the continuing education wicket in the B-wing of Doon campus.

Going against the grain

By BLAKE GALL

Crystal Connors is making her mark as one of 11 females entering first year in woodworking at Conestoga College.

As a female in a male-dominated program the 19-year-old Hamilton resident intends to prove that sex is not an issue when it comes to saws and hammers.

Connors discovered her interest in woodworking when she was taking a mandatory technology course in Grade 9. She continued studying woodworking, becoming one of the only females to complete all the available classes.

The daughter of a clockmaker, Connors says her family definitely inspired her career choice. "I'm not a computer person, I can't sit down," she adds.

While building sets at Theatre Aquarius in Hamilton for Jesus Christ Superstar, Connors realized cabinet-making was her specific field of choice.

So will being a female make the program more difficult? Connors quickly replies, "No!" She says that the males in her class have been very accepting of her. There are occasional comments like, "Are you sure you know what you are doing?" or "Wow, there's a girl in here," but overall the ridiculing is, "Not that bad."

Mark Brahmer, program co-ordi-



(Photo by Blake Gall)

Crystal Connors, 19, of Hamilton, is one of 11 females enrolled in first-year woodworking at Conestoga College.

nator, says the program has never had such a high percentage of females enrolled. In past years, 10 per cent was the standard, but this year it is slightly higher.

Connors intends to complete the two-year program but is undecided whether or not she will continue with the technology courses and co-op placement.

She encourages other females interested in woodworking to pursue the career. "If it's what you enjoy then just go through with it and everything will work out in the end," she says.

Ask Connors if she is confident in her own abilities and she will simply reply, "I have to be."

CSI advertisement

Fees are important

Like it or not, paying fees at the college level is a reality.

But instead of bemoaning the fact that you have to pay fees, it's better to understand what certain fees are all about.

Tuition is an important fee because it pays for your education. Of course there are other fees you pay on the statement you receive every May and June, but the fee that students should pay most attention to is the Conestoga Students Inc. Association Fee.

This fee, \$85 for the 2002-03 academic year, has incredible value and students should know what it pays for.

Primarily, the association fee pays for the operations of the student association. It pays for five full-time staff salaries - president, general manager, executive assistant, events programmer and front desk clerk.

It also pays for the honourariums of the vice-presidents and the part-time staff employed by CSI. Any organization needs staff to make it work, even a not-for-profit organization like CSI. It's the staff of an organization that allows it to function and grow to better serve its constituents. In this case, the CSI is always striving to grow so that it can better service its students. In fact, it is the mandate of the CSI to serve its students to the best of its abilities.

But staffing is just a fraction of what the fee pays for.

The biggest and most valuable aspect of the association fee is that it pays for student representation at the college and across Ontario.

Conestoga Students Inc. represents its student body to the administration of Conestoga College on such issues as tuition, financial aid, classroom standards and student rights and responsibilities.

Provincially, the CSI is a member of the College Student Alliance, an organization that represents all Ontario college students to the Ontario government on the same issues. This lobbying is important for students because without it, college students would not have a forum to air their concerns and have their voice heard.

As a former executive member of the College Student Alliance, I found the experience invaluable. Aside from my personal experiences, I came to understand the College Student Alliance is a highly respected organization within Ontario. When I spoke, politicians listened because not only did I speak on behalf of my students, I spoke on behalf of all college students. I also learned that those student associations that were not a part of the College Student Alliance had more difficulties dealing with politicians or didn't know many of the issue surrounding post-secondary education.

Of course, the exciting part of the association fee is the events it pays for. It pays for the Pond Party and the live entertainment during the day. It helps pay for the CSI handbook amongst other things.

Behind tuition, that association fee is the most important fee a student will ever pay. Yes, it is \$85, but it is well below the provincial average. Sometimes a student will not participate in all aspects the fee covers, but that does not mean there is not value in it for the students who pay it.

- Jody Andruszkiewicz

CSI events programmer/co-ordinator

Workopolis works with you

By SINEAD MCGARRY

Just when you thought Conestoga College couldn't get any better Workopolis Campus has arrived to help you with your entire job searching needs.

Workopolis Campus is Canada's largest job site, offering a resource of thousands of job postings for students and graduates. This extremely popular search engine allows students and alumni the opportunity to conduct job searches based on their individual interests and criteria.

This free of charge service currently has 250,000 registered employment seekers, waiting to hear from you. Conestoga College as well as 200 other Canadian colleges and universities are registered on the site, which was implemented on Sept. 9.

The list of benefits for using this Web site is endless for students.



(Photo by Sinead McGarry)

Monica Himmelman, alumni career services officer sets up an information booth for Workopolis at Conestoga College.

Each job seeker has the ability to create and save their individual folder where they can keep a record of their personal resumes and cover

letters. Career alerts are also available where students are informed when a job is posted in their field for their specific skills or criteria.

Workopolis Campus also has jobs posted that are available on campus, as well as surrounding areas.

Hiring individuals for jobs just became easier for employers. Not only do students benefit from this search engine but so do surrounding companies. Employers have the ability to group e-mail job seekers and inform them of upcoming events and info sessions.

A database is also available to employers who are recruiting at the campus, with contact information of registered students.

To access the job posting site simply log onto www.workopolis.com. Click on the New Job Seekers Register Here icon. Complete the online registration form, enter your school's access

code (JOBS4U) and then begin your search. The workopolis Web site can be accessed from any computer in the school or on your personal computer.

All jobs that are posted on the Web site are aimed particularly at students and alumni. After paying a small fee employers have the opportunity to specifically target certain grads and students by exclusively posting their offerings on individual school sites.

Prior to Workopolis, students and alumni of Conestoga would have to search for jobs through the career services binders for postings. "With no online access to students there was very limited exposure for employers," said Sara Free, the career services officer. "Now job seeking is much more convenient and accessible for students because they can search 24 hours a day, seven days a week," she said.



(Photo by Janine Toms)

Take a look in a book

Jonathan Veitch, a first-year business administration materials management studies student, enjoys the sun while reading from his Essentials of Business Communication book on Sept. 12.

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This group will run once a week beginning the week of October 7th.

Please sign up for the group in Student Services (Room 2B02) before October 4th.

Group Facilitator: Keith Martin
748-5220 ext. 3487

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Extensive training for resident advisers

By AIMEE WILSON

Residence advisers at Conestoga Residence and Conference Centre are receiving additional training this year from the staff at Student Services here at Conestoga College.

Throughout September and October the seven resident advisers (RAs) will be attending workshops on identifying the warning signs of depression and possible suicide, sexual harassment, sexual assault and nutrition. There are also plans for the RAs to receive first aid, CPR and Smart Serve certificates. This will be organized by the CSI.

In August of this year, the RAs attended workshops on drug and alcohol abuse, culture shock, had an introduction to Student Services and a tour of the recreation centre. In total, the RAs will receive at least 12 hours of additional training.

"It's a stressful job," said Sarah Viola, assistant general manager at Conestoga residence. "We want to make sure they are prepared for anything."

In preparation for this important role, the RAs also attended a five-day training seminar at Centennial residence organized by Jeff Tremblay and Jack Fletcher, directors of residence life. These workshops provided information on communication, team building, report writing, how to handle aggressive students and skits of possible situations.

Carol Gregory, Student Services counsellor, said, "RAs may be the first contact when a student has a problem."

Gregory took part in facilitating the new training along with other Student Services staff. "I hope it's a way to make them (RAs and students) feel com-

fortable," she said, adding, "The easier we can make it, the better."

"I think it is very useful," said Holly Beitz, 20, resident adviser.

According to Viola, "There will probably be more (training) next year."

Residence advisers are required to interact and ensure the safety of the students, program events with the Social Orientation Staff (SOS), ensure everyone abides by the residence rules and regulations and attend workshops.

"It's hard to be a peer and have a leadership role," said Viola.

Thirty-five applications were submitted to Conestoga Residence last year for a resident adviser position for 2002-03. After sorting through the resumes and giving a brief information session, the chosen applicants attended an extensive interview process by a panel consisting of Viola, Gregory, Fletcher and two current RAs.

Residence advisers pay the full amount for their room but are paid biweekly for their duties around residence.

Requirements for a resident adviser position are a C plus average or above and preferably a second-year student who has lived in residence. Qualified first-year students are also welcomed.

"We look for people with creative ideas for events," said Viola.

According to Deb Brock, 20, a resident adviser, "It's a lot of fun, if you're up for the challenge."

If you would like more information on becoming a resident adviser call the Conestoga Residence and Conference Centre, at 895-2272 or e-mail rsconestoga@sympatico.ca.

Old department has new name

By HALLEY MCPOLIN

The special needs department may have a new name, but the service remains the same.

The department, which will now be known as disability services, will continue to assist those students who qualify as special need. In order to register with the department students must present documentation that proves they are eligible, such as records of a disability and a record to verify they have been provided with such services in the past, or be on a waiting list to have such an assessment completed.

A disability could include hearing or vision impairments, physical or psychiatric problems and learning disabilities to name a few. Students who would not qualify are those who experience test anxiety with no other anxiety symptoms, those considered "slow learners," or those students who have English as a second language. Most students with learning disabilities are of normal or above average intelligence.

Marion Mainland is the co-ordinator of disability services and says there has been a lot of confusion about the nature of the department in the past. "One of the reasons we moved from special needs is that the term implies special privileges and that's not what our students want. They don't want anything special; they just want what they need to keep an even playing field with all the non-disabled students."

The number of students registered as being special needs has grown from 277 in 1998 to 537 in 2002, making up almost 10 per cent of the student population at Conestoga College.

The primary reason for the name change is to eliminate any more

misunderstandings about what the department provides and for whom, by plainly defining the office name. "By calling it disability services we cut down on some of the calls that we get regarding things we aren't responsible for at all, such as mature students, remedial work and tutoring," says Mainland. "Special needs seemed to imply 'anything you need, come to this office' so by changing the name we make it clear what service we provide."

"Special needs seemed to imply anything you need."

*Marion Mainland,
co-ordinator of disability
services*

Conestoga was the last college among the Provincial College Committee on Special Needs Issues, now called College on Disability Issues, to change the department name. The recommendation was submitted to the Conestoga College Advisory Committee last March where the motion was passed.

Mainland agrees that there can be some hesitancy among students to refer to themselves as disabled, but says there is also a certain amount of credibility they gain by knowing the service isn't open to just anyone.

"We have to respect the fact that students who have had support in the past and have been called 'disabled' get out of high school and they're tired of it — they don't want to be seen any differently; they want to blend in and start fresh," says Mainland, who sees many students each year with disabilities that are not registered. "They have

some good strategies that have done well in the past so they decide, 'I want to do it on my own.' Then what we see is around midterms a lot of them come in."

Mainland encourages students to register as soon as possible with the department so that preparations, such as books on tape or interpreters for the deaf, can be made. The process of registering occurs once the student has been accepted into the college. "The province can't ask for them to identify a disability before they've been accepted, so on their application form there can be no reference to it because they're accepted based solely on their marks. They compete with every other student that gets accepted."

Besides the name change within the department there has been one other significant adjustment to the service. This past May saw the end of a four-year research endeavour called the Learning Opportunities Project and with it almost \$3 million in funding. The purpose of the project, which involved all the other colleges and universities in the province, was to test new services for students with learning disabilities and educate faculty on what the term means so it can be detected earlier.

As a result of the lost funding some positions within the department have been transferred back into faculty, and past pre-admission work and free assessments for students, which included work within the department's specialized literacy lab, will now have to be charged a fee.

This work was all done within the community and before students were enrolled. "We never charge (current Conestoga students) and never will," assures Mainland, "this lab is a free service."



(Photo by Halley McPolin)

Marion Mainland, co-ordinator of disability services at Conestoga College, says despite the change in name the same level of service will be provided to students who need it.

Protect yourself against West Nile virus

However, chances of contracting the virus decrease in the fall, says Dr. David McKeown

By JEFF MORLEY

While summer is ebbing into fall, so are the chances of being infected with the West Nile virus. However, the experts do advise residents of Peel Region, west of Toronto, to take precautions.

In a Sept. 13 press release, the Peel Region Chief Medical Officer confirmed reports that the virus had infected two residents in the area. Both Mississauga patients are male and are over 65 years of age.

Dr. David McKeown said, "The risk of human illness remains low. Cooler temperatures, especially at night, will slow down mosquito activity."

However, McKeown did ask the public to remain cautious and to take the necessary steps to prevent the virus.

This warning came at a time when a Peel Region hospital patient died from the virus Sept. 16. Officials confirmed that the unidentified patient's cause of death was West Nile virus a day later.

Peel Region officials recommend

ways in which to prevent the West Nile virus. They include avoiding areas with high populations of mosquitoes, wearing light coloured clothing and using mosquito repellent containing DEET (N, N-diethyl-meta-toluamide).

"Cooler temperatures will slow down mosquito activity."

*Dr. David McKeown,
Peel Region Medical Officer*

People should also eliminate any standing water that may exist on their property by emptying such things as wheelbarrows, tires, pails and barrels.

The Peel Region Web site says that the bird-borne virus is spread by mosquitoes exclusively and can be passed on to horses, cats and dogs. The virus is rare in humans and those that do catch it rarely die. However, in 1999 one other Ontario resident did die. The 75-year-old

man had been visiting New York City and died soon after he returned to Toronto.

Mosquitoes spread the disease while they feed on a host, such as a bird. Most people infected with the virus will not show any symptoms. To these people the virus is harmless.

The virus tends to affect the elderly and those people with a weakened immune system. In Ontario those

residents affected have all been over the age of 60.

The virus takes approximately three to 15 days to cause symptoms such as fever, frontal headaches, muscle aches and occasionally skin rash. In the most severe cases encephalitis, a swelling or inflammation of the brain or spinal cord,

can occur.

The Peel Region Web site says that the virus was once centralized in "Africa, Eastern Europe, West Asia, and the Middle East." However, in 1999 the virus was found in New York City. Now the virus has spread north into Ontario, as it follows the migratory path of birds.

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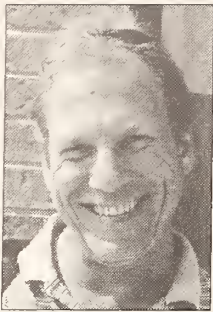
Smokers agree with new policy

By BRANDI STEVENSON

Smokers and non-smokers agree that the new no-smoking policy at the school is a good idea.

In a random survey conducted at the Doon campus, students and faculty were asked how they felt about the designated no-smoking entrances around the school.

The red paint on the ground specifying the no-smoking areas is new to the school, as well as the security guards outside enforcing the rules. The policy was adopted because smoking in front of the main entrances has been a problem in past years. The doors were always con-



Pike

gested with people, making it difficult to get in and out of the building.

Second-year civil engineering and environmental student Dale Pike agrees with the new rules.

"Last year too many people were in the entrances. It was causing havoc even getting into the building," he said, while smoking in front of the woodworking building.

Pike added that the designated entrances improve the look of the school because there is less garbage around.

Leah Walter, a first-year civil engineering student, and ex-smoker, said she welcomes the policy. "I



Walter

appreciate it a lot as a non-smoker, and especially as a smoker that's quit because it's tempting to want to smoke again when it's all over the place and in your face."

Walter said she hopes everyone will continue to comply with the policy, but can picture people smoking closer to the building when the weather gets colder.

First-year computer programming analysis student Chris Head does not have a problem with the regulation.

"There's plenty of space to smoke out here," he said while smoking outside of Door 4.

He added that the no-smoking areas are "good for non-smokers



Head

who don't really want to smell the smoke."

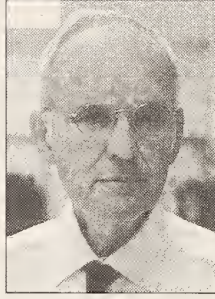
However, he does predict that rain will be a problem, since the overhangs attached to the doorways are designated no-smoking.

John Kroetsch, a campus security guard, agrees with the policy, as long as there is enough room for people to smoke elsewhere.

Kroetsch, a non-smoker, said that smokers "should have the same freedom we do."

Although most people support the new policy, not everyone is pleased.

Jeremy Robson, a second-year police foundations student and smoker for about six years, said he



Kroetsch

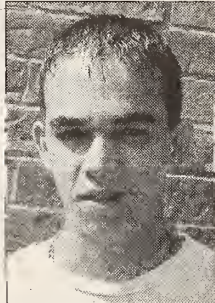
doesn't like the paint on the ground.

"I just think these ugly lines make the school look crappy," he said.

"I understand not smoking in front of the doors, they just went overboard, especially in this area," he added.

Robson, who was smoking by the woodworking building, said he will obey the rules, especially because he cannot afford to pay a fine if he doesn't.

He also thinks that the policy will last, because "the whole world's going smoke-free," and this is just another step in that direction.



Robson

Apprenticesearch.com could work for you

By ABBI DAVIES

Apprenticesearch.com helps take the headache out of searching for an apprenticeship placement.

Established in April 2001, apprentice search is an invaluable tool for students considering a career in a skilled trade as well as for students searching for an apprenticeship placement.

The Web site, which serves the Waterloo Region as well as Peel, Halton, Dufferin, Hamilton and Niagara, not only provides a place for businesses to post openings for apprentices (look under leads on jobs) but also provides a place for students to post their profile.

This site gets more than 20,000 hits daily and helped to make over 51 confirmed matches.

Apprentice search offers detailed information on skilled trades ranging from general machining and automotive service technician to hairdresser and fruit grower.

For each trade available on the site, information is provided as to what exactly the job entails as well as what training and education is required, what types of employers hire people in that particular trade

and what wage rate and working conditions to expect once fully qualified.

Also, the site outlines skills, interests and values that are common to most workers in each particular trade.

For each trade a short six to seven-word quiz entitled "Is this job for you" is provided that poses questions such as "Can you work at heights?" and "Do you enjoy working with your hands?"

The quizzes are designed to help give you a better idea of whether or not you are right for the job.

If you find that you would enjoy a specific trade based on your answers to the quiz questions, apprentice search also provides a list of other jobs that require the same or similar types of skills, values and interests.

Apprentice search has a section called "helpful programs" which lists programs and seminars, some free of charge, which are available to you in your area and are of interest to those in skilled trades.

On the site there is also a spot for news articles regarding current trends and issues that are pertinent to tradespeople.



(Photo by Jason Middleton)

Tying on the stretch

Cynthia Woroch, 46, demonstrates the dandasana yoga position to her students at the recreation centre on Sept. 14. Woroch, who teaches Iyengar yoga that uses props such as ties, says the class is always open to newcomers. In yoga you perform many stretches that increase flexibility over time, and you do these stretches and movements in a relaxed atmosphere. Classes take place on Monday, Wednesday, Friday and Saturday. You can sign up for this class by registering at the front desk of the recreation centre.

The bookstore: more than just books

By REBECCA LEARN

The bookstore doesn't just have what you need, they have what you crave.

Conestoga students are buying clothes, magazines, school supplies and even candy after shopping for books.

Katie Morel, 19, said she bought drafting supplies for her construction program. She also bought a sweatshirt and pants, "because I like them." The sweatshirts range from approximately \$30 to \$50, and

the pants are \$20.

Law and security student Joel Prues said he shops at the bookstore mainly for convenience. He said he goes in the bookstore on occasion to browse and admitted the sweatshirts appeal to him.

However, for now he said he has just bought a backpack, magazines, highlighters and some candy. Prues said he is glad he bought the backpack because he has used it a lot. They range in price depending on the style, but are all around \$40.

Some students, such as business

administration student Chris Andrews and management studies student Rebecca Moser, have found supplies they needed for their classes at the bookstore.

Moser said she bought a calculator which was required. She said this was something mandatory but she also goes in the bookstore simply to look around.

She said when she goes there she likes to look at the clothes, but hasn't bought any yet.

Andrews also bought a calculator for his classes.

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Timetable woes hopefully a thing of the past

By VANESSA LAYE

Timetable problems seem to be a concern for some Conestoga College students, but this is something CSI President Jon Olinski intends to fix.

"You shouldn't be handing out draft timetables," said Olinski. "It's just not fair."

According to Olinski, one accounting class had their timetable revised four times, while another class had no teacher on the first day.

"The teacher was sick," he said, "but it wasn't explained to the students."

Some students were sent to classrooms that didn't exist, while others had one- or two-hour time gaps between classes.

Although some students' time gaps have been moved closer together, Olinski admits that sometimes those gaps can't be avoided.

Olinski brought these problems up at the College Council meeting on Sept. 9, along with the question of why Conestoga's timetables come out so late.

"It's been an issue for years, but I think it's time to deal with it," he said.

Other schools in Ontario send out



(photo by Vanessa Laye)

CSI President Jon Olinski looks over timetable revisions Sept. 12. Many students have come to him with scheduling problems

timetables to their students at least three weeks in advance or have them posted on the school's Web site.

Olinski said that the idea of putting the timetables online has already been recommended and may come into effect next fall.

He also added handing timetables out so late makes it hard for students to set up work schedules, especially if their timetables are subject to change.

John Tibbits, president of the college, said it's hard to give out

timetables when the college was still hiring in July, along with the fact that they have to accommodate part-time teachers.

Tibbits also added that the college hired 32 new full-time employees, which is the biggest hiring the school has had in 15 years.

There are some good things about the timetables too," said Olinski. "We are one of the only colleges to end most of our classes by 4:30 p.m., compared to 6 p.m. at other schools."

Changes to campus come and go with little inconvenience to students

By KATE DANIELLE VANDEVEN

Two years ago, the Conestoga Residence and Conference Centre began a project that has marked a new era for all the students to come.

In the winter of 2000, the residence set up a contract with the construction company Dacon to build two additions.

Construction began on the first part of the addition in the summer of 2000 and according to John Kobylnik, general manager of the residence, this addition took the longest.

Construction was slowed down because a new mechanical room had to be built, air ventilation had to be installed and elevators had to be put in.

After these difficulties were taken care of, the addition took approximately one year to build, ending in September 2001.

However, this completion did not finish the endless hours of hammering, drilling and thumping that residents had to endure for more than a year.

Kobylnik said that during this

time though, residents "always had issues with noise," but the noise was inevitable so residents "dealt with it as best as they could."

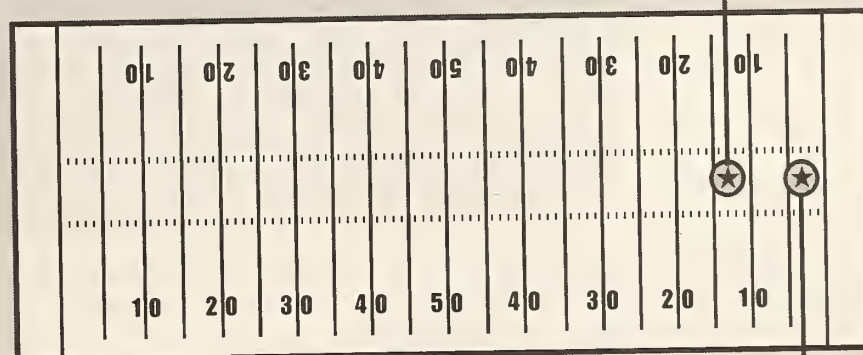
He added that other than noise, they really had no other complaints during the construction.

Waiting lists and the double cohort were the biggest factors that contributed to the decision to build the additions, according to Kobylnik. He said that students always had to wait to get into the residence and with the double cohort they figured the waiting list would at least double in the years to come.

Altogether, 153 rooms were added, allowing 306 new students to move in in the last year.

Dacon, the company which was hired to build the additions, is a parent company with the Campus Living Centre, which is what the Conestoga Residence and Conference Centre is part of since 1993. According to Guy Foley, the project manager of Dacon, building the additions "was no more complicated than other buildings."

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Breast of Canada calendar unveiled

By STACEY MCCARTHY

The Breast of Canada 2003 calendar was unveiled in Guelph on Sept. 12 amid continuing controversy stirred by last year's calendar.

Labeled as pornography by some and hailed as an artistic masterpiece by others, the 2002 calendar featured the naked breasts of women aged 18 to 40.

"The purpose of the calendar was to draw attention to breast health and (breast cancer) prevention," said Sue Richards, who pioneered the idea for the calendar. "I feel that there's an emphasis to find a cure, but there's an under-emphasis on prevention."

Richards, who financed the 2002 calendar herself for \$70,000, ended up with losses totalling around \$50,000.

She said it was difficult to market the calendar without the support of the Canadian Breast Cancer Foundation. The founda-

tion decided against endorsing the calendar, claiming it was too controversial.

Without the foundation's seal of approval, retailers and distributors were reluctant to sell the calendar. Richards ended up giving away many of them.

However, in regard to the lack of profit she cheerfully replied, "That's business."

"But there's more than just money to it. The purpose of the calendar was threefold: providing education, awareness and funds."

However, she said the response this year has been sensational. Ninety per cent of last year's retailers have requested the calendar again and Richards has added another distributor as well.

Richards admitted she was nervous about the 2003 calendar in light of last year's negative responses.

"But the reaction was from a few, not the majority. It's art — there are people who love it and people who

hate it. Some found it offensive... and challenging to look at. I would have a hundred people come up and thank me profusely and one would snicker and walk away in disgust.

"The important thing is that it got people talking. It's good to get emotion and reaction. In that way the calendar was incredibly successful."

Some changes to the 2003 calendar include a smaller calendar, smaller photographs with borders, a cheaper price tag (\$19.95) and pictures of both a male breast and a breast cancer survivor.

Richards remains optimistic of this year's success. Her efforts to pre-sell the calendar this year have already been rewarding.

"Something's happening here," Richards said about the growing popularity of the calendar. "I'm getting personal stories, offers to put up posters, and advice on different ways to sell the calendars. It's amazing."



(Photo by Stacey McCarthy)

Sue Richards, creator of the Breast of Canada calendar, sits outside the Pagani House in Guelph before unveiling the 2003 calendar to the press.

Annual golf tournament at college raises funds for wireless education

By JASON MIDDLETON

The Classic, Conestoga College's annual golf tournament, raised \$43,000 that will be used to help enhance wireless communication education within the school.

The tournament, which took place at Heron Point in Ancaster on Aug. 20, honoured Jim Balsillie and Mike Lazaridis of Waterloo's Research in Motion, the company that makes Blackberry portable e-mail devices.

Balsillie and Lazaridis were chosen from a list of prominent local business people who have helped promote this area.

After the honourees are chosen the area of the school that will receive the money is decided on.

Ron Simmons, who was in charge of the corporate side of the tournament, said, "The object is to make a high profile tournament. We try to make it a prestige thing."

That is why prizes at the tournament ranged from new vehicles donated by Forbes Motors to a 19-inch television, which could be won at the putting contest.

The tournament attracted 136 golfers who each had to pay \$400 in order to play. From that fee

\$175 went to a charitable donation, \$10 towards the prize table, and \$215 towards the day of golf.

Elizabeth Witmer, deputy premier of Ontario, was present at the dinner, which followed the day of golf.

"It was a sit-down dinner instead of a buffet because it's all about respect," said Simmons. "It reflects the college."

Of the 136 golfers, about a dozen were Conestoga alumni. When they got to the putting contest Monica Himmelman, an alumni service officer and volunteer at the event, gave the grads a golf shirt, a pen and a copy of Connections magazine.

Himmelman was one of approximately 12 volunteers who helped the day run smoothly.

The tournament also included a game called Beat the Professor, where the player had to beat or match the shot that Ron Simmons shot.

If they lost they had to donate their ball to a bucket, but if they won they received a sleeve of golf balls.

"A lot of people (when they lost) ended up giving us their ugly or yellow balls," Simmons said.



(Photo by Carla Sandham)

Walk Safe volunteers (from left) Sandra Oliveira, Stephanie Pogue, Jason Storey and Jesse Kingscote are all second-year police foundations students. They're trying to keep the campus safe.

Walk Safe team picks up pace

By CARLA SANDHAM

Students, staff and visitors can walk safe at Conestoga College.

Walk Safe, a service initiated by security services, is a team of 14 people who escort and patrol college grounds Monday through Thursday from 6:45 to 10:45 p.m.

"It's a win-win situation," said Al Hunter, head of college security. "It's great for the students involved, staff and the college in its perception of safety."

Hunter said the demand for Walk Safe has grown this year due to more CSI activities held at the college and the increase of students commuting to residence.

Walk Safe recognizes the changes and is willing to take that extra step in making sure students get home safely. For example, escorts will not only walk individuals to their cars, but as far as res-

idence. Hours are flexible as well to accommodate parties held at the college which end after midnight.

Escorts are equipped with a maglite (flashlight), a portable radio, first-aid kit and either a reflective vest or brightly coloured jacket.

"They are highly visible," said Hunter, who compared their presence on campus to that of the comforting feeling one would feel seeing a police officer on King Street late at night.

Jan Hawes, a Harveys' employee at the college, is escorted to her car by Walk Safe volunteers four nights a week and said the service is excellent.

"I feel a lot safer and I am so glad they have it," she said.

Escort stations are strategically situated at Door 1 and Door 5. However, Jesse Kingscote, Walk

Safe co-ordinator and second-year police foundations student, said the Door 5 station will soon move to Door 6. However, escorts can be pre-arranged by contacting security services.

Other Walk Safe responsibilities involve two to three directed patrols in and outside of the college. While on patrol, volunteers look for anything suspicious or dangerous. This may include burnt out lights, smashed windows or general maintenance issues.

"It's a good preventative for break and enters in cars," said Kingscote.

He added they also look for anyone who may be having car troubles or in need of help and will offer their assistance.

"Feel free to ask for help, whether it's for directions, an escort or anything else," said Kingscote. "We are there to help."

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A walk back in history

By IAN ROSS

The Doon Heritage Crossroads had a fun and educational show with dogs barking, musicians playing and sawdust flying on Sept. 15.

People gathered at 10 Huron Rd., Kitchener to visit the historical site where it was volunteer recognition day.

Doon Heritage Crossroads is like a small world stuck in the early 20th century. It is a year-round place to visit where people can take a step back in time to see exactly how people lived.

The Crossroads has people working there year-round doing different activities and giving the public a history lesson.

The heritage site has a large area of land that houses many buildings including a blacksmith, butcher shop, post office, sawmill and railway station.

Special presentations such as sheep dog demonstrations and musical entertainment were held during the afternoon.

The owner of the three sheep



(Photo by Ian Ross)

Len Hilderley of Heidelberg, flips a sheep for inspection at the Doon Heritage Crossroads sheep dog demonstrations on Sept. 15. Hilderley has been using and training sheep dogs for 20 years.

dogs gave advice on how to maintain and train the animals.

Len Hilderley owns a farm in Heidelberg where he has been using and training sheep dogs for 20 years.

The dog trainer has three dogs that he keeps on his farm named Shep, 3, Twist, 9, and Kate, 12. Hilderley showed spectators how

the dogs round sheep into a pen and demonstrated different commands verbally and with a whistle.

At the blacksmith participants learned how to manipulate metal.

Seminars and workshops are available where the willing can learn how to become blacksmiths in an eight-month program.



(Photo by Ian Ross)

Kyle Faust, 21, a student at the University of Waterloo, makes a lamp holder at the Doon Heritage Crossroads blacksmith building on Sept. 15. He has been perfecting his craft over the past five months.

Kyle Faust, 21, is a University of Waterloo student who took up the hobby. He has been working on lamp holders and has been working in the blacksmith program for five months.

Adult students better their education at Stratford campus

By JASON NOE

Conestoga College's Stratford campus is small in comparison to the three other campuses, but it serves a vital purpose within the community.

The campus consists of a single building next to the Stratford General Hospital.

The college rents the property from the hospital. The campus used to be known for its nursing program with several graduates being hired by the hospital.

However, the course moved to the Doon campus several years ago. Currently the campus has more than 400 students with some living in the small residence attached to the school.

The college offers several programs catering to older students wanting to attain a better education. The LBS Literacy program gives students a chance to further their abilities in

English as well as the academic upgrading program, which focuses on English and math skills.

The Job Connect program is also offered at the college. It is funded by the Ministry of Education and Training and helps young people find employment. It assists unemployed youth in gaining skills they require to find real jobs. Employers benefit from this by finding a qualified person for the job without having to train the person.

Another program offered at the school is the general educational development pre-test for adult high school equivalency. Students write this test to qualify for employment or receive a high school equivalency certificate.

The college has a 10-week course to prepare students for the test every four months. "Every course is completely full," explains campus administrator Linda McLeod. "The popularity of the course has increased with a maximum of 40 students."

The test itself is eight hours spread over two days, a Friday evening and a Saturday morning.



(Photo by Jason Noe)

Conestoga College's Stratford campus has many programs that cater to older students to help them better their education.

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Carol Seto, dietitian

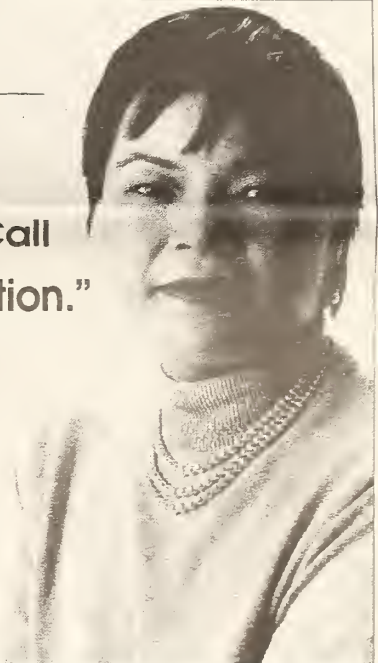
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Week of September

23 - 29

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Libra!

Financially things are going to be getting better for you. You will continue to be surprised at the new things happening in your life.

Aries: March 21 - April 19

A battle between close friends or family will have you drained. If possible try to take a neutral ground.

Luckiest day: September 29.

Taurus: April 20 - May 20
A new approach to an idea will make your life a little easier. A new way of thinking will increase your chances of success.

Luckiest day: September 25.

Gemini: May 21 - June 21

Someone with a fiery disposition is going to be making trouble for you. The best way to handle the situation is to confuse the individual.

Luckiest day: September 23.

Cancer: June 22 - July 22
If it feels as though you have been climbing an uphill battle, know the end is near. The challenges you have overcome will be beneficial later on.

Luckiest day: September 28.

Leo: July 23 - August 22
Recent events may leave you feeling like a bit of an outcast. The best way for you to feel better is to forget about what happened and start over.

Luckiest day: September 27.

Virgo: August 23 - September 22

Someone with a great deal of knowledge will be advising you on an issue. Head to his or her

suggestions but follow your gut feelings also.

Luckiest day: September 23.

Libra: September 23 - October 22

A powerful person is going to have a great influence on you. Things will work out for the better if you are on his or her good side.

Luckiest day: September 23.

Scorpio: October 23 - November 21

A steady income will help you maintain a balance between school, work and play. But be advised to do equal amounts of each.

Luckiest day: September 29.

Sagittarius: November 22 - December 21

If you maintain a positive outlook on life, great rewards will be coming your way. Lots of opportunities will be presented to you; all are good so pick your favourite.

Luckiest day: September 25.

Capricorn: December 22 - January 19

If you don't keep better records of your finances you may find funds going in every direction. Make sure you track every penny.

Luckiest day: September 27.

Aquarius: January 20 - February 18

A younger person will be giving you trouble. The best way to deal with this problem is to make sure he or she knows you're in charge.

Luckiest day: September 28.

Pisces: February 19 - March 20

A problem with a relationship is going to be giving you a headache. You will have to make a decision and stick to it to end the conflict.

Luckiest day: September 24.

Daniel Roth is a third-year journalism student who has studied astrology and a variety of clairvoyant subjects for four years.



(Photo by Carrie Hoto)

The Doo Wops, John Catucci (left) and David Mesiano kept students in stitches and rocked the Sanctuary on Sept. 10. They have been performing together for almost four years.

Doo Wops stop by Conestoga on their way to world domination

By CARRIE HOTO

The Doo Wops kept Conestoga students in hysterics while performing their singing/comedy show in the Sanctuary on Sept. 10.

John Catucci, 29, and David Mesiano, 23, started The Doo Wops almost four years ago. The two met through a mutual friend at York University while Catucci was directing a play that Mesiano was cast in. "We found out we had a common interest in singing and comedy, so we decided to put the two together," said Catucci.

The Doo Wops won the 2001 Just for Laughs Home Grown competition. Their prize included a performance on the Open Mike with Mike Bullard show. They have appeared on Star TV numerous times, as well as The Sean Cullen Show on CBC and have performed in Los Angeles, Calif. Catucci said, "If all goes well we're going to be on The Late Late Show with Craig Kilborn," which airs on CBS. Mesiano added, "After that - the world!" Catucci continued, "Or at least southern Ontario."

The duos name means Doo, as in two, and Wops, as in the slang term

for Italians.

Only standing room was left after the show started. Jeff Greenwood, a second-year broadcasting student, said, "They (The Doo Wops) kept me laughing the whole time." He added, "This is the most attentive I've seen the crowd here and for once people shut up and listened."

"If all goes well we're going to be on The Late Late Show with Craig Kilborn."

**John Catucci,
The Doo Wops**

Greenwood was impressed enough to buy The Doo Wops CD for \$15 after the show.

Krista Cowan, a second-year financial planning student, said, "They were completely hilarious."

The Doo Wops found Conestoga to be, "Really open and receptive to what we do," said Catucci. Mesiano added their main goal was to, "Give people what they want, which is a ha ha."

Catucci attended York University majoring in political science. Now, he focuses on acting and performing. He has appeared in numerous commercials and an ABC movie of the week, called Kiss My Act, which starred Camryn Manheim, from ABC's The Practice.

Mesiano currently attends York University and is majoring in psychology. After university he plans to act, perform and sing.

The Doo Wops have travelled to North Bay, Montreal, Vancouver and L.A. They have also performed for students at Brock University, University of Toronto, York University, Centennial College and Seneca College. This was the first year The Doo Wops played college gigs.

The duo performs approximately 75 to 100 shows a year. Their next stop was headlining Comedywood in Toronto for a week.

You can be added to The Doo Wops' mailing list by e-mailing them at the doo wops@hotmail.com. They also have a Web site, which is currently under construction, the doo wops.com.

Russlander gives new view on history

By LESLEY LEACHMAN

I usually find history to be boring. To me it is nothing more than a bunch of dates linked together with dull facts.

However, when I began reading Canadian author Sandra Birdsell's latest book, The Russlander, my views on history changed.

Set in Russia in 1910 on a wealthy Mennonite estate, Birdsell tells the story of a young girl named Katya (short for Katherine) and her family's struggle with the rise of communism and anarchism, which eventually take hold of the country.

What really drew me into this book was the opening page entitled, "Notice of November 15, 1917." It lists the names of 11 people killed at an estate, with a complete account of what had been dis-

covered there, which is supplied by the first person to come upon the incident. This immediately made me want to find out why this tragedy took place.

The first chapter of the book deals with Katya's life on the estate six years prior to the bloodshed. She lives a sheltered life, unaware of the danger that her country is in. Her family has a bright future in front of them. Their father has come into wealth and has begun to build his own farmstead.

Katya's days are filled with happiness and delight, until the Tzar (the Russian leader) and his family are murdered. Then communism takes over and that's when the chaos begins. Her house is plundered by anarchists and her family is torn apart.

The young girl's life changes

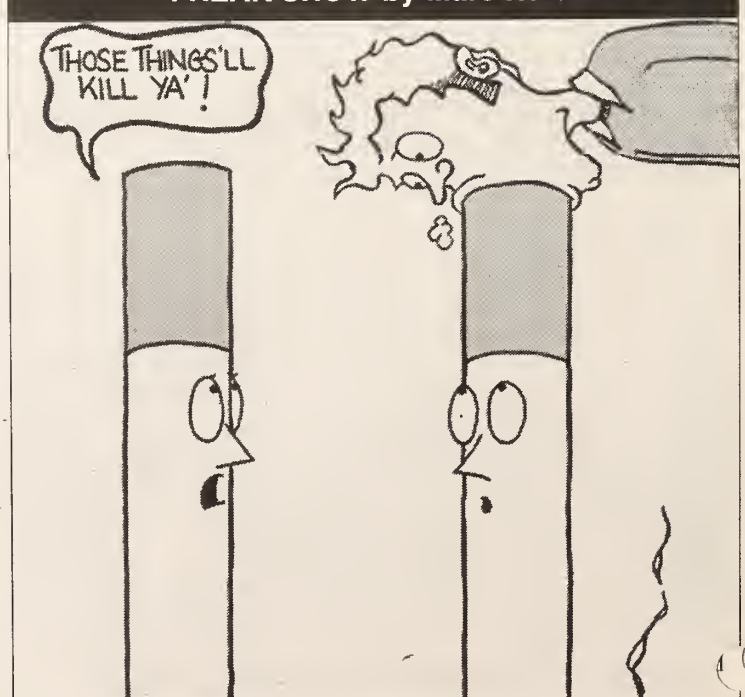
once again when the German army invades her village. How Katya comes to terms with having her world completely changed was enough to keep me turning the pages, desperately wanting to find out what happens next.

Despite the tragedies that Katya endures, I didn't find the novel to be at all depressing.

To me, the part that really made this novel interesting is that Birdsell wrote The Russlander based on the experiences of her grandparents. Instead of just a bunch of facts, you get the emotional aspect of the events and you realize exactly how much the Russian people had to endure.

I would recommend The Russlander to anyone who enjoys reading stories about hardship and strength.

FREAK SHOW by Marc Hulet



A touch of Japan in Waterloo

By DANIEL ROTH

Seoul Sole Korean and Japanese Restaurant in Waterloo is the best mom and pop restaurant of the sushi world.

It's a restaurant designed to accommodate your family. The food is not highly priced and it's not intended to be a fast food establishment.

Seoul Sole is a welcome alternative to the predominately Germanic restaurants in the area.

One cannot truly appreciate sushi until he or she knows more about its history. Sushi actually came from the word "sumeshi" — "Su" meaning vinegar and "meshi" meaning rice. Over time the word was shortened to just sushi.

Centuries ago, in Japan, sushi was created as a method of preserving fish.

It's claimed the origins of sushi came from the areas of southeast Asia. Fish was layered in a container between rice and salt then weighted with a stone.

After a few weeks the stone was replaced and only a light cover sat on the fish. Months later, the fermented fish and rice were considered ready to eat. It is still eaten in some areas like this today.

The delicacy has evolved considerably since then to the raw fish with cooked rice eaten now.

In fact, the only fermented product you'll find at Seoul Sole is the sake (sah-key) or rice wine.

There are three things you should observe when going to any sushi bar. The first is the smell when you walk in.

If the restaurant smells fishy turn around and run. Sushi has a subtle smell, and should smell like fish.

Next, look at the clientele. A busy restaurant means inventory is rotated quickly and you'll be eating fresher product as a result.

Third is the overall presentation of the food.

Seoul Sole passes all three with flying colours. The restaurant has almost no smell other than the aroma of the warm dishes served such as the teriyaki meals.

Also try to get there early as it's not overly large and it fills up quickly.

If there is seating available you'll be quickly seated and given a menu.

The lunch menu is a full colour sheet with different combos you can order. Pictures of the meals as well as a brief description allow you to know exactly what you're ordering. A takeout menu also is available. When the lunch and dinner menus are combined Seoul Sole has a large variety of fresh dishes you can choose from.

Additional types of sushi are pictured on the plastic placemats on the table.

The servers are quick to help you with any questions you might have regarding any of the dishes.

Individually packaged wooden chopsticks are waiting for you at the table, although domestic utensils are available by request.

For this review the California futomaki lunch was ordered, as well as the chicken teriyaki lunch.

The server was quick to bring the first part of the meal, a miso soup, a traditional Japanese dish that is simple to make and is served with almost every meal.

Miso is a fermented paste made from soy beans that is available in a variety of spiciness.

The soup was mild and had a unique taste with a subtle but definite flavour. The soup doesn't compare to any domestic cuisine and it may be a touch salty for some. Overall it has a thin consistency and was quite enjoyable.

The oily miso separated from the water-based broth quickly and was almost entertaining to watch after every sip.

Sake was ordered to accompany the meal.

The rice wine, which is served hot, comes in a vile accompanied by small cups as sake is intended to be drunk one shot at a time.

If you have never tasted sake before make sure you're sitting down when you do. It's strong enough to bleach wood. It tastes like pure alcohol.

Although the restaurant was busy the meals were brought to the table promptly.

Art would best describe the presentation of the food. Everything was so colourful it was almost too



(Photo by Daniel Roth)

Anita Kwan, 22, a server at Seoul Sole Korean and Japanese restaurant in Waterloo, presents the California futomaki lunch, just one of the many wonderful dishes available at Seoul Sole.

pretty to eat.

The platter the meals came on was large and everything had its place. No two items touched.

The California futomaki lunch was wonderful.

The California rolls were actually invented in California and are made with: crab, (normally imitation) shrimp, trout, avocado, rice, cucumber and lettuce wrapped in seaweed.

Six bite-size rolls are carefully prepared and placed on the platter. The rolls texture is surprisingly thick and heavy. Even without being dipped into the wasabi (a spicy condiment) they did not have a fishy taste. Dipping them into soy sauce added just enough salt to complement the flavour.

The futomaki is a large roll containing: rice, cooked egg, simmered gourd, fish flakes and cucumber.

Two large circles were served with this meal. They were also heavy in consistency but were more subtle in flavour than the California rolls.

The meal also came with: a small garden salad with vinaigrette dressing, rice noodles, cooked

bean sprouts and asparagus.

The condiments included wasabi, pickled ginger and a small dish for your soy sauce.

The salad was light and made with fresh crisp vegetables. The cooked asparagus and bean sprouts had a wonderful soy flavour. The rice noodles were clear and were flavourless, which was welcome as everything else had such a dominate taste.

All the side dishes had a unique flavour which added to the entire meal. The taste buds never got bored.

The portions on the plate are small because the meal as a whole is quite filling.

The teriyaki meal came with almost all the same side dishes but with a warm flavourful heap of marinated teriyaki chicken.

The sauce was sweet and enjoyable with the chicken being well cooked and hot. The teriyaki dish is also available using beef or salmon.

Even though the restaurant is busy we were never rushed. Good customer service is obviously important to management.

Including a 15 per cent gratuity.

the two lunch meals and a large sake came to \$29.89, which is a good deal for what you got.

The meals were enjoyable and filling. The restaurant was clean, the service was wonderful and the presentation of the food was exquisite.

Overall, Seoul Sole Korean and Japanese Restaurant, in Waterloo, offers a welcome change of food in this land of meat and potatoes, and is highly recommended.

Quick Facts

Name: Seoul Sole Korean & Japanese Restaurant.

Owner/Manager: Richard J. Ro.

Location: 170 University Ave. W. Waterloo. Unit #20.

Phone: (519) 884-6053.

Type of business: Family restaurant, dine in or takeout, licensed under LLBO.

Hours: Monday to Saturday: Lunch: 11:30 a.m. to 3 p.m. Dinner 5 p.m. to 10 p.m.

Competition: Mr. Sushi.

How to use chopsticks



Hold the top stick as you would hold a pen.



Rest the other stick either on your middle finger or your ring finger.



Use your thumb and your pointer finger to move the top stick to grab the food. The bottom stick is stationary.

Sushi bar etiquette

By DANIEL ROTH

Sushi dishes often come with some condiments to enhance the flavour. The common three include: wasabi, ginger and soy sauce.

Use the wasabi to enhance the flavour of the sushi. (Wasabi is the green condiment on the plate used to spice fish.) Sometimes horseradish is used instead of real wasabi, a vegetable. Wasabi is rare and more expensive than the fish it's flavouring.

The ginger is provided for you to eat between dishes to cleanse your palate.

Soy sauce is provided to flavour the fish, not the rice. So dip the sushi into the sauce rice side up.

Don't hesitate to eat sushi with your hands, it's not considered ill mannered.

Soups and other liquid dishes should be sipped from the bowl.

When passing a platter of food, let your friend pick what they want from it. Don't pass the food to them with your chopsticks, and it's considered bad manners to wave your chopsticks aimlessly over the food. Also, don't point at people with your chopsticks.

Chopsticks should never be put vertically into your food, especially the rice.

Don't pick up a dish of food with your chopsticks still in your hand. Rest them on your plate before you pick anything else up.

And don't smoke in a sushi bar. The smoke will kill your sense of taste and smell.

The health benefits of eating sushi

Sushi is very low in calories. The leaner fish contains roughly 100 calories per 100 grams. In comparison 100 grams of steak contains around 500 calories.

Fish is high in protein and low in fat. It's also easy for your body to digest, especially raw. Often in Japanese hospitals fish is the first food patients who just came off a liquid diet will eat.

American women have three times the reported breast cancer of Japanese women.

Eating fish on a regular basis could prevent heart attacks and cardiac arrest. Fish is high in omega-3 fatty acids. Some patients taking omega-3 supplements found their arthritis improved and they suffered from less joint pain and morning stiffness.

American women have three-times the reported breast cancer of Japanese women. The high amount of fish and soy in the Japanese diet may be responsible.

One of the omega-3 acids called DHA is credited to lessen your chance of developing Alzheimer's disease. Researchers think the brain latched onto the DHA and helps build membranes around the nerve making it easier for the cells to send messages.

The omega-3 acid DHA is also credited for stimulation growth in the brain in children, resulting in better memory and quicker development of brain cells.

Since the brain is the most concentrated source of fatty acids in humans, a lack of omega-3 could contribute to depression. Alterations in the brain's fluidity can impact your behaviour, mental functions and mood. A steady diet of fish can help regulate fluidity.

Health benefits were researched by Daniel Roth with information from Web sites including: www.kayuga.com and <http://inasasushi.hypermart.net>.

All but over for the Expos

By JAMES K. DOYLE

The Montreal Expos played their first game on April 8, 1969. They are now waiting to see when they will play their last.

Major League Baseball has been trying to contract the Expos all season long, and although the new collective bargaining agreement has said that no teams can be contracted for at least four years, the future in Montreal is as cloudy as ever. But why should anyone care?

The problem for the Expos is that every time they start to put a promising or winning team on the field, they are stopped in their tracks. On Aug. 12, 1994, Major League baseball players went on strike, thus ending the season. At that time, the Montreal Expos were six games up on the Atlanta Braves for first place in the National League East. Their record was 74 wins and 40 losses, good enough for the best record in the big leagues.

This year's addition of the Expos, playing under the dark skies of contraction, are 72-76, before games being played on

Sept. 14. The young and exciting Expos are starting to show signs that they are close to being a play-off contender. Just as they start to win, major league baseball slows them down.

Vladimir Guerrero, the Expos rightfielder, is making a name for himself as the best player in the majors. Guerrero is first in the NL in hits (188), third in average (.336), fifth in home runs (37) and seventh in Runs Batted In (RBI) (100).

Offensive numbers this high, combined with one of the best arms in the league, make Guerrero one of baseballs most exciting players. He uses all his athletic tools and leadership qualities to guide his team to victory.

Jose Vidro, the Expos second baseman, is another young, exciting player with tons of talent. Vidro currently sits third in hits (175) and ninth in average (.310). He is a dynamic defensive player with solid hands. Vidro is one of baseballs best second baseman, and proved it by being voted as a starter in this year's all-star game.

Rookie centrefielder Brad Wilkerson is quickly making a

name for himself on the senior circuit. With a .274 batting average and 19 home runs, Wilkerson is a rookie of the year contender.

The Expos are also building themselves a strong pitching staff. Ace Bartolo Colon, who was acquired through a trade with the Cleveland Indians earlier this season, has been nothing short of amazing. Colon has an 8-3 record, and a 2.74 earned run average (ERA). Colon also leads the team in complete games with four and shutouts, with one.

Japanese sensation Toma Ohka has been a pleasant surprise for Montreal this season, with a 13-7 record and a 3.18 ERA. Javier Vazquez has been disappointing this year, but will be under less pressure to lead the staff with the addition of Colon.

Montreal was given a shot at life when owners and players agreed that contraction would not take place in the next four years, but the Expos still need more. An owner for the club has not been found, and they are still being operated by Major League Baseball. This means that the other 29 teams are supporting a

team that doesn't get 10,000 people a game. The finances of baseball cannot allow these 29 teams to spend money on their competition. Thus, Montreal desperately needs someone to step up to the plate and buy this group of young and exciting players.

The problem, then, is what if someone does buy the Expos? Would this new owner keep the Expos in Montreal? The answer to this is more than likely "No." Montreal needs a new stadium. Olympic Stadium is old, ugly and falling apart. If the city of Montreal and the provincial government cannot get a new ballpark in Montreal, the Expos are as good as gone.

Unfortunately, this will no doubt be one of the Expos' final seasons. Should someone create a miracle in Montreal, and save the Expos, please, show yourself soon. If not, and you plan to purchase this group of future champions, please, keep them together. The foundation has been laid for a winner, and with a little bit of extra money, this current group in Montreal may just wear a World Series ring.



Last year, Max underwent surgery to implant a new kind of pacemaker, one with technological advancements unavailable just 5 years ago. Every time you give to the Heart and Stroke Foundation, you fund research that leads to medical breakthroughs, like the one that saved Max's life.

Now he can spend more time with his grandfather.

Please give to the Heart and Stroke Foundation.



GROUPS AND WORKSHOP SCHEDULE

Fall, 2002

****REGISTER IN STUDENT SERVICES (Room 2B02 Ext. 3360)**

GROUP	# OF SESSIONS	REGISTER BEFORE	START DATE	FACILITATOR
Multicultural Support Group	6	October 4 th	Week of October 7	Keith Martin
Public Speaking Anxiety	4	October 23 rd	Week of October 28	Shawna Bernard
Test Anxiety Group	4	October 23 rd	Week of October 28	Joan Magazine
Suicide Prevention Session	1	October 29 th	October 31 st	Barb Kraler
Virtual Mature Student Community	On Line	Ongoing throughout Semester	September 17	Joy Tomasevic

THE FOLLOWING LEARNING AND STUDY SKILLS WORKSHOPS WILL BE OFFERED ONCE A SEMESTER AND OPEN TO ALL STUDENTS.

WORKSHOP	# OF SESSIONS	REGISTER BEFORE	START DATE	FACILITATOR
Time Management	1	Sept 17 or Oct 7	Sept 19 or Oct 9 @ 12:30-1:30	Joy Tomasevic
Textbook Reading	1	Sept 23	Sept 26 @ 11:30-12:30	Joy Tomasevic
Note Taking	1	Oct 1	Oct 3 @ 12:30-1:30	Joy Tomasevic
Multiple Choice Test Taking	1	Oct 8	Oct 10 @ 11:30-12:30	Joy Tomasevic
Preparing For Finals	1	Nov 19	Nov 21 @ 12:30-1:30	Joy Tomasevic

When signing up for a group, please leave a copy of your timetable, highlighted with times when you are free. Every attempt is made to accommodate the timetables of the majority of registrants. The more times you are free, the more likely it is that we can accommodate you. Once a time and place have been established, we will contact you or you can check in with us if you prefer.

Some workshops have established times and rooms. Check when you register.

For information about Winter 2003 Workshops, drop into Student Services 2B02 or call ext. 3360.

H:\Group Workshops\2002 Workshops\2002 Workshop Schedule fall.doc



(Photo by Nick Horton)

Zhen Zhen (left) goes up to take a shot against Zhou Xiao in the recreation centre Sept. 13.

No varsity basketball

By NICK HORTON

A varsity basketball team at Conestoga College is out of the question this year, and might be for awhile.

Conestoga has not offered a varsity basketball or volleyball program since the 1993/1994 season. At that time, the college conducted a major survey on how well varsity programs were doing and found a basketball team was just not feasible.

The survey looked at participation in practices, tryouts, and how many spectators were coming out to games. The survey also took into consideration how well Conestoga sports teams fared against other colleges. The end result of the survey was the varsity basketball and volleyball programs being cut.

The survey may have been correct, though some students attending Conestoga seem to think the opposite.

"I think Conestoga would have enough participation to form a basketball team," said Nick Faulkner, a second-year computer programming student. "There are

clearly enough players if you go into the recreation centre at any given time there are always people playing basketball," he said.

Marlene Ford, the athletics coordinator for varsity sports, acknowledged the situation, but also said there is not much they can do about it. "People come to Conestoga because it is number 1 ... students are coming here for an education rather than to play sports, the interest is not there."

Ford also explained the situation the college is in. "If we were to offer a varsity basketball program we would have to cut back on intramural programs." She said that funding for varsity sports is a problem, but the college has still been able to add three varsity sports in the last two years - golf, badminton, and rugby.

Wayne Dietz, a second-year management studies student and avid basketball player, said, "A lot of students want to play post-secondary basketball and if a school can't offer that, they won't go there." He questioned why Conestoga College can offer sports like girls' softball, but not basketball. "It is quite odd," Dietz said.